

# *Fear Me Out Podcast*

## **Episode 46**

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

*Guest Speaker*

**Ann Burridge - Trauma**

**Dr. Dana** 00:11

There are two basic motivating forces fear and love. When we're afraid, we pull back from life. When we're in love, we open up to all that life has to offer with passion, excitement, and acceptance.

**Fear Me Out** 00:30

Coming to you from our studio in Santa Barbara, California. This is the fear me out podcast. We're not your typical Self Help Program. Our show takes a deep dive into those psychological issues that affect us on a daily basis. We hope to shift your perspective and have you experiencing emotions differently. Now, here are your hosts, Kim foskey. And Dr. Dana Saperstein.

**Dr. Dana** 00:52

Welcome to the Fear Me Out Podcast. I just want to thank everybody, for listening. I want to make sure that everybody knows how much came in. I appreciate everybody's willingness to participate in our world and to tune in on a regular basis. I want to talk a little bit about how this podcast today came into existence. This coming weekend, we're doing a we're dropping a podcast on sexual abuse. And Kim and I've been talking a

**Kim Fauskee** 01:22

lot about well, when this airs Oh, it's gonna be the week prior or the white trash. Sorry, yeah, this is a series on sexual abuse,

**Dr. Dana** 01:29

right? Yes. What Kim and I would have been trying to figure out is, I wonder where we could find someone who would have the courage to come and talk about their experience growing up, being sexually abused, and how it's affected their life and in all the different ways that that kind of trauma affects a person. And I met a woman, I would say 30 years ago, she was one of the first people that I worked with that was really horribly abused as a child. And I hadn't seen her in about five years or so except maybe, in passing. And a couple weeks ago, she was in my mind, and I just could not stop thinking about her. And I mean, for two or three days, I thought, wow, I gotta get hold of this woman, I haven't thought about her forever. And the evening that I made that decision to get a hold of her. She actually texted me before I had a chance to do that and said, I had a dream about you last night. And wow, this is part of the way the universe works. And so she was kind enough to meet me at the park the following morning. And we caught up, which was really very lovely. And just out of the blue. She said to me, it's time and I said when it's time for what she said, It's time for me to talk about my story.

Because I really want to help people that have had similar experiences to mine have some hope and feel like there's a way forward in their lives. And I thought, Well, okay, I got the I got the place for you. Once you come on our podcast, we've been looking for someone and I think that you said I'll do it tomorrow.

**Kim Fauskee** 03:07

I'm eager to get it out.

**Dana Saperstein** 03:09

I'll do it. I think that's wild. And so here we are, I want to introduce Ann who is one of my favorite people in the world and has more courage than anybody could ever imagine to face what it is she's had to deal with in the course of her life. And she's been gracious enough to come here and talk about her experience. And so I'm gonna turn it over to you. And

**Kim Fauskee** 03:33

so I think probably the best way to get started is is is talk about what happened to you when it started.

**Ann** 03:47

My mother had a thing for pedophiles. Her first husband abused his future stepchildren, they were only married for a couple of years. Then they had one daughter. And she married again briefly to my father. And then she married my stepfather who then she stayed married to for like 20 Some years and he was the perpetrator in my family. We were living in Los Angeles and I was pretty little and he remembered in one of my sessions with Dana that he had been in the house from the time I was like two, two and a half. And I was like little and I was okay with it. But then I remembered also in another session that he was a very threatening presence in our house. He would follow me into the bathroom . He was just looking back on it really creepy guy, but he was also the father figure You're in my house from the time I was two. So, and then they had another daughter, my little sister who is four years younger than me. And right about the time she was born, we all moved, packed up and moved to Santa Barbara. I think when I was probably about six and a half, six, he started coming into my bedroom, they didn't sleep together, he slept down the hall in a pullout bed in the den. So he had free run of the house and could come and go as he pleased. And my mother strangely had this whole intercom system that she had installed in our house. So she could, she said, so she could listen in if anything happened. But there were lots of stuff happening, but obviously, she must have heard and paid no attention to. So he started coming into my room and sitting on the bed. For a long time, my mother, he just sat on the bed, and I would wake up and see him sitting on the end of the bed. And after a while, I don't remember exactly when he started moving closer to me and pulling the covers down and pulling my nightgown up. And I just remember a lot of oral sex. And my little sister was in the bed next to me. And I know there was a part of me and it became more conscious as I got older, that was just trying to protect her. And I was the bed closest to the door. And I thought, if he can have me he'll leave Tina alone. And then she was his daughter. So I thought maybe he, you know, like, went after the step kids but not his own daughter did this day, I'm not really sure if anything ever happened between the two of them. She's pretty much a mess at this at this point. And she has some memories that she doesn't know how to deal with. But I still don't know if I'll ever know for

**Kim Fauskee 07:01**

sure. And there was a couple your age difference between you two, four years, four years. Okay, so you were seven at the time it started and she was just three, okay.

**Ann 07:09**

And she was born right before she moved to Santa Barbara. So she was a baby when we moved. Let's see, that went on for a while. And it got more and more. You know, pretty soon, he was having me give him hand jobs. And I just did whatever he wanted me to do.

**Dr. Dana 07:35**

And so I'm gonna ask maybe the obvious question here. I don't know if a seven year old at that point knows what they're doing is wrong. But did you have a feeling that this was not what you were supposed to be doing? And what were you actually feeling? Were you horrified and sick to your stomach? Or?

**Ann 07:56**

No, there was a part of me that liked it. Okay. And later on, I so ashamed of that. Because sometimes it was very pleasurable, before it got more and more. But again, at the end it guy was really terrible. And I thought, you know, this is terrible. And I was scared most of the time. Did

**Dr. Dana 08:17**

he threaten you with violence if you didn't partake in that? Not that

**Ann 08:20**

I recall, he threatened me. Finally, one night, I think I was about to turn eight. Or I was eight. And he came into the room and he had the lights on and everybody was up. And he was just quote unquote, saying good night. And he was sitting on the side of the bed and I said, I'm for the first time I said, why? What's going on that you're coming into the room in the middle of the night? What's up with that? And I don't think I wasn't angry or upset. I was just like, finally saying something when I got old enough to say something. And he went nuts. He started yelling at me and saying, that's a horrible thing. You're a horrible, dirty, awful girl. I would never do anything like that. And if you ever say anything to anybody, I will send you away to a big white hospital with no windows and you will never see your family again and you will never see your sisters or your mother again. And you know, You're a disgusting, horrible girl. And I absolutely believed him. I thought I was going to be sent away. I was terror stricken.

**Kim Fauskee 09:33**

So up to that point, though, before you got threatened you had never had a conversation or outed him to your mother. Or was your father your biological father involved in your life at that point at all?

**Ann 09:44**

No. I had very little to do with my biological father. And I didn't like him even from a very young age. I just didn't like the guy your biological father and then he moved away when I was like seven he moved to Florida and then to the south. Okay. Yeah, so he wasn't, but I found out. Go ahead.

**Kim Fauskee** 10:05

I was gonna say so now you've had this threat that if you out him, he's gonna send you away.

**Ann** 10:10

Yeah, I'm gonna be sent away and that I'm a disgusting horrible person and I can't tell anybody that so you know, and I just at that point I think I started blocking it out as much as I could I think by the time I was in fourth grade by the time I was nine, I didn't remember anything

**Kim Fauskee** 10:29

in the frequency of these events was nightly or

**Ann** 10:34

I'm not really sure. It was definitely several times a week but I can't I can't say whether it was every night you're

**Dr. Dana** 10:42

new to remember what point did turn to intercourse

**Ann** 10:48

I was probably getting close to the time I said something to him.

**Dr. Dana** 10:52

Okay. So about eight years old Yeah, already

**Ann** 10:55

years old, maybe younger. I don't know. I remember I still to this day have blocked all of that out

**Kim Fauskee** 11:04

in the abuse always take place at night in in your bedroom in the middle of the night in the bedroom. And you shared a bedroom with your half sister Sister. Yeah. Okay. And, and again, we're getting the cart before the horse but but she doesn't remember suffering from that abuse or witnessing you suffering from that abuse that she has ever admitted to you. She doesn't

**Ann** 11:27

she says she doesn't she did. She had a therapist who I don't know, was particularly competent, who she worked with for a long time. And she said she definitely remembers feeling something really wrong in the room. But she doesn't remember. And she remembers being scared.

**Kim Fauskee** 11:45

So you're going through adolescence, and suffering from sexual abuse multiple times a week? How did that? How did that change? The way you lived as an eight or nine year old in the world? Or in your mind was just this normal? That you thought that you had a normal upbringing? Despite what was happening to you? Or did you act out in school do well in school or

**Ann** 12:16

it felt really normal until he stopped. You know, he was certainly very scary at night. But in the morning, I would get up and go to school and I don't remember being an uncontended kid until that point. I liked my teachers. I, you know, I think I just made up my mind that I was gonna be okay. In the daytime, I really don't know how I coped to tell you the truth up until then. Did you

**Kim Fauskee** 12:44

confide at all in any of your close girlfriends? Or were friends at all? No, no.

**Dr. Dana** 12:50

So nobody at all knew

**Ann** 12:51

nobody knew. Except I'm, I'm convinced my mother knew. But

**Kim Fauskee** 12:56

and the reason why you didn't say anything to your friends do you do remember?

**Ann** 13:00

I don't remember exactly. But I'm just assuming it's because he told me that it was a terrible, horrible, disgusting girl. And you, you know, not gonna go around telling people what I was doing, I really think I later on I really felt like I was a participant, I felt guilty. I felt you ever thought I had participated in this, therefore, I deserved it. And I was part of this whole thing. And you know, I don't feel that way anymore. But for years and years, I felt that way. So obviously a ton of shame. Yeah, it's terrible. And I remember feeling when I first started seeing you. When you had I joined the group that you had, but Kim later was a part of and I was so ashamed that I remember just feeling like how can I talk about this? And you know, yeah, I don't feel shame anymore. But I definitely did for forever.

**Dr. Dana** 14:00

And this went on for how many years?

**Ann** 14:02

Until I was probably I think I turned nine. And then that was the end of it.

**Dr. Dana** 14:08

And do you have any idea what made him stop when I said something to him? Oh, so it actually even though he threatened you and told you he was going to send you away? I was actually kind of stopped after that stop.

**Kim Fauskee** 14:20

Would you say no?

**Ann** 14:22

I well, like I said I said what's going on? And why are you coming into my room and you know, I not in an angry way but just to you know, I guess I just got old enough that I finally said something

**Kim Fauskee** 14:34

so in his mind he was thinking okay, you're figuring this out in my The gig is up right?

**Ann** 14:39

And my older sister told me later that he had molested her once or twice although it may have been more and she just didn't. And how much older she then you. She's a little less than two years older than me. Okay, so she would have

**Kim Fauskee** 14:53

been nine or 10 when this when it started with you

**Ann** 14:56

and she was in another room. Okay. At that point she had her own bed. had room.

**Dr. Dana** 15:00

So you said that you didn't really understand the impact until it stopped what? What started coming forward to you once he stopped.

**Ann** 15:09

I became a food addict. I started eating, just compulsively eating all the time. By the time I got into fourth grade, I was a pudgy kid, and then got bullied for that and bullied by my fourth grade teacher who was just this horrible woman who would want to look in my lunch bag to see what I was bringing for lunch and would talk about it in front of the class. And it was like just one more really shameful way of being treated that I thought, well, apparently, this is

**Kim Fauskee** 15:40

what I deserve. But back in the day when shaming was okay, yeah, and when

**Ann** 15:44

it was, you know, at home, or my sixth grade teacher, if we were caught chewing gum, he would put Ajax on the gum, and then make you eat it and make you go back to chewing it. I mean, it was, it was a whole different world. And

**Kim Fauskee** 15:56

the thing that gets you four to six in the state pen now, something like that? Well, I

**Ann** 16:00

i think that the parents who are freaking out about how their kids are treated, I'm like, You don't know anything?

**Dr. Dana** 16:05

Right? Anyway, so food became a third became

**Ann** 16:09

my comfort and my way of just shoving down I think anytime I was feeling upset, I would just go eat,

**Kim Fauskee** 16:17

did you go ahead.

**Dr. Dana** 16:18

And if any other kinds of behaviors that you look back on now and realize were generated by his behavior toward you,

**Ann** 16:26

I definitely. I had a friend who I now that I look back on probably was being molested in some way in her house. She had like four older brothers. And I don't know what was up with her dad or her mom, they were not happy family by any means. And she was my best friend and elementary school. And she was an incredible bully, and she would bully the other kids and, you know, push them up against the fence. And I would be her friend and observe all of this. And I never did anything to the other kids. But I think I thought I was getting some sort of pleasure out of watching her be mean to those kids. And I bullied my younger sister, which to this day, she won't let me forget. And yeah, I think I just became an angry, bullying, unhappy, miserable fat kid.

**Kim Fauskee** 17:25

So no, ain't no anxiety, no depression that you knew of at that time or can remember it was kind of stuffing your feelings and then acting out is your way of the release. Looking back

**Ann** 17:37

on it. I think I must have felt anxious and depressed. But you know, you don't know those things are not bad. And certainly nobody was talking about anything like that. Younger kids. So looking back on it, I think I was a really freaked out kid.

**Dr. Dana** 17:51

What happened when you became a teenager?

**Ann** 17:55

I was I my sister my older sister acted out so much that she she was doing drugs and hitchhiking and putting yourself in all kinds of danger. She disappeared for days at a time and and then my little sister sort of joined in when she was like 13, she my sister said back into her into the opium den. And she went and I think I thought

**Kim Fauskee** 18:19

were you had an actual opium den? No. Here, there's

**Ann** 18:23

you're in the drug war. Okay, gotcha. Okay, come and join me in the drug world. And I think I thought I know I thought, I'm gonna be the good kid. I'm gonna get good grades. I had lots of things I was interested in. I played the piano, I love music and singing. And I just got and I got good grades. And I'm like, I'm the Good Kid, somebody is going to appreciate this. But of course, if you're the good kid, nobody pays any attention to you because the other people are getting way more attention. So I just sort of quietly by the time I got into high school was just doing my own thing.

**Kim Fauskee** 19:05

What was your relationship like with your stepfather and your mother at that point?

**Ann** 19:11

I was very clingy with my mom, though. I remember as I was a kid, and Dana said to me one time well, she was like the only person in your family that you could sort of count on even though we couldn't count on her at all. I always think of it, you know, when you take psych classes, and they talk about the wire monkey, and then the monkey that's got terrycloth on it, and the little monkeys go, they'll cleaned or whatever. Even if they're miserable, and they're cold and they're starving and they're wet. They'll cling to the wire monkey and I think that was pretty much what I did. I would go every time my mother went somewhere, I would say Can I go with you? I was just you know, and I was always her favorite.

**Kim Fauskee** 19:58

Were you frightened that the abuse would happen again.

**Ann** 20:02

I don't recall thinking it would happen again.

**Kim Fauskee** 20:05

You thought when it was over, it's over.

**Ann** 20:07

Yeah. And I, when I slowly realized it was over, it was like, I lost this person who was paying attention to me, even though it was horrible attention. Look, of course, from an adult's point of view, and it was you know, but it was someone was, he loved me in this, you know, really sick way he loved me. And always I, you know, he was like, You're my Annie and your mind. And he would lavish lots of attention on me in the daytime. And he would take me with him when we, you know, when you go on errands. And

**Kim Fauskee** 20:45

so I want to ask Dana, there's a couple of things that that in his has mentioned in including that of, of, of that feeling of being wanted by the perpetrator, and also in finding some level of pleasure in the act that that was happening there. Is that common with family? Yeah. And why is that it?

**Dr. Dana** 21:11

Well, I mean, if you think about little babies, where do they take their hands, the first opportunity ones in the mouth, and the other ones in the crotch, it's alright, we have nerve endings from the beginning of



our life that are pleasurable. And as long as the person isn't, you know, being brutally assaulted in some way. It does feel pleasurable for some kids, and they are so so ashamed, and made to feel really disgusting. And, like, there's something incredibly wrong with them, because their body is responding in a way that they wish that it wouldn't. And it's also really confusing, because you don't know anything about sex or, or any of what's happening. And so some of the feels good, some of it, you can tell is really awful. Certainly, the energy of a pedophile is incredibly poisonous and disgusting. But at the same time, if you're starving, you will eat dirty food, if that's all that's available to you. And you'll actually crave it after a while. Because if you're that hungry, I mean, if you really want to hurt a person, abandon them and leave them without any kind of connection. And so under those circumstances, because you didn't have a mom in any emotional sense, and there's nobody else in your life, really no other relatives or anyone that was kind to you, this man paid attention to you. And so he was able to groom you into submission, and then he threatened you and made you feel horribly ashamed of herself, which is all so, so common. And I've never met a person that when they were abused, his child doesn't blame themselves and think that somehow, they asked for it, or caused it or did something. Or they were just a bad people. And that's why it happened. It's, it's almost humanly impossible to as a kid to blame the perpetrator.

**Kim Fauskee 22:56**

So, and you're, we're talking about your high school years. And obviously, at some point, you became interested in boys? No, no. Okay. So I assumed wrongly there but so you didn't have an interest as in your more formidable years, through secondary education of boys, or what a relationship with a boy would be like, or? No, I didn't. I didn't know why that was, or

**Ann 23:27**

I think that, subconsciously, I did not want any man getting close to me. And I'm sure, I don't know exactly how I did it. But I'm sure I gave up plenty of signals saying stay away from me. And my, I loved high school, I was really happy in high school. I was really into theater and music, and singing and musicals and all that kind of stuff. And those are where the homosexual kids hang out. So all my best friends were gay, although at the time, we weren't putting a name to it. And we weren't talking about it. But then by the time I was in college, I was like, oh, yeah, they're all good. But they were my best friends. And I loved them. And I had my one friend Mark, who was one of my dearest friends who died of AIDS. He, I'd had the biggest crush on him, and I would hang around with him. And we all know, the boy that I actually liked, who took me to the senior prom, he was gay. I didn't know it at the time.

**Kim Fauskee 24:26**

You just didn't feel the sexual energy or sexual connection with these people.

**Ann 24:29**

And nothing was I mean, I was really attracted to him. And looking back on it, and I know my stepfather was very sexually confused. Obviously, he did have some sort of homosexual tendencies. And I think in my head, first of all, I didn't want to be around straight guys. And second of all, it all felt familiar and comfortable to me to be around. You know, you know,

**Dr. Dana 24:55**

Kevin's extremely common to lose any kind of neutrality when you become a sexual person. If you've been sexually abused as a kid, so I would say 99% of the time it either caused you to become hyper or hypo sexual. And it's just describing that she became the hypo version of it. Yeah. As opposed to maybe your sister, who, you know, was incredibly promiscuous and tried to come to terms with her abuse and in the opposite way, but it takes neutrality away from pretty much everyone.

**Kim Fauskee** 25:30

So, you talked about the did you talk about trying drugs during your teenage years, or

**Ann** 25:38

I think I smoked weed one time, my senior year with my girlfriend who had this joint that was so old, that nothing happened. And I remember thinking I was waiting for some.

**Kim Fauskee** 25:53

But everybody talks so great about all this.

**Ann** 25:57

I don't get it. Yeah. No, I didn't do drugs in high school at all. I smoked some weed in college, but that was about it. And what was

**Dr. Dana** 26:05

college like?

**Ann** 26:06

College was pretty awful. I, you know, in high school, I started thinking, well, the boys don't like me. So there must be something wrong with me, which was like the common theme. There's always something wrong with you. But high school, you could still be a virgin and not you know, you a lot of kids weren't. But if you were, you know, it was the pressure wasn't as great. No, but by college. You know, I joined a sorority, and my mother forced me she drove me out there and I was sobbing hysterically. And she forced me to go through rush and forced me to pledge a sorority. I got into UCLA and USC and she wouldn't let me go. She was like, You can't leave Santa Barbara. I'm not going to pay for anything. So I stayed in Santa Barbara and went

**Kim Fauskee** 26:51

to UCSB, is there a reason your mom didn't want you to leave home?

**Ann** 26:55

I think she didn't want me to leave home ever. Okay, I think she thought that I was going to be the one who would never marry who would never have kids and who would

**Kim Fauskee** 27:04

take care of her. If she was still married to your stepdad at that time.

**Ann** 27:07

They were married till I was 20. Okay, and then finally, he got so I mean, the two of them were nuts. But he got so nuts, that they finally she finally divorced him.

**Kim Fauskee 27:18**

So was your mom looking at you instead of a daughter is more of a partner in life? Yeah, then. Okay. Yeah.

**Dr. Dana 27:26**

Well, she also did everything she could to make you feel bad about yourself. So you wouldn't leave her? Yeah, exactly. She was incredibly cruel, and really disrespectful all the time.

**Ann 27:35**

And all the things that I loved to do. She was, was never even remotely encouraging. Or, you know, when my daughter was at San Marcos, which was that, you know, we both went to the same high school, and she has a beautiful voice and did musicals. And I remember going to every single performance and thinking, first of all, I loved it. And second of all, that's what parents do. And my mother would grudgingly go to one show, and would never say a single. I mean, she got shamed into going to a show, she never wanted to go. And then at the end, she would get mad, you know, if there was any expectation of her being any kind of a parent at all, she just would get mad.

**Kim Fauskee 28:23**

The manipulation of trying to control the situation or hold her down?

**Dr. Dana 28:27**

Well, my experience of Ns Mo was that she was an incredibly narcissistic, very, very personality disordered woman. And that she had absolutely no awareness of anybody but herself, and was incredibly self centered and used and basically, as a, as an object to take, you know, to be her to accompany her through life. And I just remember some of the things that she would say to you and the way she treated you was so oh my god, it was just astoundingly cruel and disrespectful. It was heartbreaking.

**Ann 29:02**

It was heartbreaking. It was heartbreaking for me to come here with her and just really see, you know, that this was this person who just all she cared about was herself.

**Dr. Dana 29:15**

So college then became difficult.

**Ann 29:19**

I had gone from being a really good student and really liking school, to being a bad student and hating school, I felt so uncomfortable and so out of place. I was still struggling with my weight. And I was convinced that that was the reason that no boys ever paid attention to me. I don't think that was the reason there were plenty of kids who were chubby and had boyfriends and all that. And I always

thought well, there's something wrong with me that you know that this person has a boyfriend and and I you know, still had no boyfriend and was not having sex and then you start to feel really out of place.

**Dr. Dana** 29:58

Did you do I think at that point, do you have any memory of what happened to you as a kid? Or was it all blocked out? If that's all blocked down? Because that's important for people to understand is that eventually, all that went away in your conscious memory?

**Ann** 30:11

Yeah, when completely away, I think I started just putting it in drawers. After my stepfather told me, I was a terrible rumors. And I was like, This is too scary. I can't deal with this. And I just,

**Kim Fauskee** 30:23

that was really the first assault on your self esteem, to probably that you really remember right? In that way. When he was telling you, you're a horrible person. And

**Ann** 30:33

yeah, I suppose. I mean, I don't think our self esteem in my house were particularly championed at any point in our lives. But yeah, that was like a big one.

**Kim Fauskee** 30:44

So like Dana was saying, you were miserable. In college, at least in the get go of, I just

**Ann** 30:51

couldn't figure out how to navigate the world and how to be okay. And I just got more and more depressed and more and more anxious. I remember I finally went to the counseling center or UCSB, and there were just a bunch of students working there. And they could have cared less about me or, you know, and I don't think I knew how to communicate and I just felt so like, oh, well, this isn't gonna help and never went back

**Kim Fauskee** 31:20

and the psychology student wasn't who you are seeking out to talk to?

**Ann** 31:23

Yeah, they you know, they didn't know what they were doing. They were kids too.

**Dr. Dana** 31:28

Did you graduate from UCSB, finally. And then what? What happened in your life?

**Ann** 31:35

Let's see, I graduated. I was 22. I moved back home briefly. My mother had decided that she needed to move out of Santa Barbara. She had terrible allergies. And she was a dreadful hypochondriac and was always sick and always terrified of getting sick. If we ever got sick, she would put us away shut the

door. I'm not gonna go near you for a week, you know, because she was so afraid of catching something

**Kim Fauskee** 32:05

new the COVID quarantine before COVID. So many times, I've

**Ann** 32:09

thought thank God she died before that, because she would never make it. But where was I going with this?

**Dr. Dana** 32:17

Well, she moved to LA Los Angeles.

**Ann** 32:19

Oh, yeah, we she lived in palm. She liked Palm Springs. And we went there a lot growing up because she decided the desert was better for her than Santa Barbara. And we moved there when I was 14. And I spent a year going to what was in junior high was seven through nine. And that was terrifying and horrible experience. But she was happy because she was doing what she needed to do. My older sister at that point went to a boarding school where she did. I mean, it was just like this hippie conclave where they're just constantly doing drugs. And she had a nervous breakdown and came home and just broke down and hidden her bedroom for months. So at 22, my mom decided she was going to put the house up for rent and she was going to move to Newport Beach. And we all had to get out and figure out what to do with ourselves. So one of my really good girlfriends were still really good friends. She said, Well, why don't you come move to air most of beach with me and get a job and she was going to law school and the other guy was going to get his MBA. And so I did that. But again, I just felt something was just terribly wrong all the time.

**Kim Fauskee** 33:38

So you made it through college without having a boyfriend or an intimate relationship. You moved out of town, moved with some friends had what you thought was a career job or or just just was working to make ends meet?

**Ann** 33:52

Well, I have always loved fashion and I so since I was eight years old, made all my own clothes, make clothes for my sisters. So when I got down to our Mosa I went to work for a fabric company and a design company and then there was a retail next door. So we worked in all those jobs and got paid nothing, but I really, I felt at home and it's gonna sound like a perfect job for you. Yeah, in some ways it was, you know, not paying anything. And it was definitely not a career choice. But and I was with women, I always would seek out situations where I didn't have to run, man.

**Dr. Dana** 34:33

And how did you end up back in Santa Barbara?

**Ann** 34:36

Oh, after a couple three years down there, my mother decided she wanted to put the house up for sale. She wasn't going to come back and she had turned 55 And she was going to get the tax write off. And so she said Well, you go home, go back and live in the house and take care of it and deal with a real estate agent. So I said, Okay, darling, I was really happy in LA and Wendy, my friend ended, finished law school and you know, so I moved back sandbar back into my house I grew up in, which by the way is round the corner from where Kim grew up. Small Town, small town, small, weird place we grew up in. And I lived there alone for several months. And I remember being really, really scared. And thinking, I think, because going back to my old bedroom, I got I immediately got a dog, which helped a lot. And I love dogs, I've always. And eventually, a friend of mine moved in with her little girl. And we were all working and another friend moved in, and then another friend moved in, and then my sister came back my little sister. And eventually it was, you know, and it took years to sell that place. It took like, two, three years to sell it. I think it was a bad economy at that point. So that was okay.

**Kim Fauskee 36:05**

So that so you were happy back then i You said that you were kind of weirded out moving back to the house, I wouldn't say

**Ann 36:12**

I was happy. It was like it was okay. You know, I was glad kind of to be back in Santa Barbara.

**Kim Fauskee 36:20**

But you had friends, you had your sister back home, and so on. And so then the house sells what happens then

**Ann 36:26**

the house sold. At that point, I was teaching aerobic dancing, and I was working in a clothing retail place doing windows and alterations and stuff. And just as the house sold, the real estate agent said, there's a guest cottage up the street here. And if you want it, you can have it for 800 bucks a month. And my friend Jennifer and I were like, Great, we'll take it. So we lived there for several years. And

**Kim Fauskee 36:58**

still no intimate relationships in your life. And how old are you at this point now?

**Ann 37:02**

25 Maybe 25. But then something big happened. My little sister went to South America. And she bought she was down there having a good time visiting friends traveling around. At some point she bought cocaine. And she sent it back to my house thinking she would sell it and you would got all but I mean, it was a teeny tiny little amount of like nothing. But of course, if you put it in the mail,

**Kim Fauskee 37:33**

yeah, you're gonna get may have drug sniffing dogs at the Postal Service.

**Ann 37:38**

So they of course stopped it wherever the port was. And they followed it up to our house as it made its way through the postal system. And I was at work and my friend Jennifer, they brought it to the door and they said you have to sign for it because they can't break into your house unless you if she had just said no. Don't know what that is. Take it back. That would have been the end of it. Right? She didn't know what was going on. She's like, okay, and sign for and then she went to work. By the time I got home, the house was full of DEA agents. They had broken the door in they had wrecked the house. They had emptied every drawer they knew, and essentially they knew that there was not much there but they were like that they got out of town for the day and they got to go through girls underwear. They're gonna

**Kim Fauskee 38:24**

prove it, but they're gonna prove a point. Yeah, and they

**Ann 38:27**

were just having a good time to them and was meaningless really. So I got home and my dog was locked up and leaping up and down a car pulled in right behind me in the driveway so it couldn't leave. I sat there for a while just not knowing what was going on. And then they came out open the garage and took me in. They had guns and tear gas and all of this stuff. It was so stupid

**Kim Fauskee 38:50**

and your sister was still in South America. He

**Ann 38:52**

was still in South America. It was really obvious that it was her because I had packages that she had sent me of clothes she wasn't using and stuff like that and it was in the closet and said you know her name and Bolivia on it. I was like But that was a big wake up thing for me because it was me alone in the house with a whole bunch of men doing everything, just these very low level men who were men with authority and with guns. And they were scary and I didn't know what was going on. And I would say I think I should get a lawyer and they go no, no, you don't need a lawyer. I didn't know better if the whole day was really traumatizing. But I at the end of it. By the time everything got sold out. My sister got a lawyer she got off. I realized that if I could get through that I needed to go be in an environment where there were the male men were in the workplace. So I got a job.

**Kim Fauskee 39:56**

So that was that that incident. incident was So an epiphany for you,

**Ann 40:01**

you cheering Wayne. So I started applying for jobs like office jobs. And the first job was in a little advertising agency. I was sort of the office manager person. And there was a guy there who was German who I really liked. And I sort of had a crush on him. And I was like, hmm, something's happening here. And then the man who became my husband started going after me. And I was so flattered. And I was so like, the first time in my life that a man had actually been interested in me that I remember, you know, or that I was paying a

**Kim Fauskee 40:44**

heterosexual man at that time. Right?

**Ann 40:46**

You know, he's a little if and, you know, he's been Twixt in between. So he sort of fit he was fees a lot like my combination of my stepfather and my mother. Okay. He's rather narcissistic. And he's very, I think I said to Dana, one time, that in a perfect world, where he didn't grow up in a conservative, poor Catholic family, and in the 50s, I think he would probably be because he can't do that. But

**Kim Fauskee 41:19**

but like we talked about on the show, often, you followed a familiar pattern, right, which was, which felt very common to Yeah.

**Ann 41:27**

And I was like, Oh, this is the I know this feeling. Right. Yeah. Because, you know, he's, this is so comfortable, and it's perfect. And

**Dr. Dana 41:36**

long. Were you with him before you guys got married?

**Ann 41:40**

I didn't get married till I was 34. So six years, probably. So as well. Yeah. It was a while. Yeah,

**Kim Fauskee 41:54**

in so how, how did the pursuing and the ultimate romance go? I mean, did it take you a while to kind of dip your toe into it and get used to it? Or were you ready by that time to fully embrace it?

**Ann 42:09**

I think I was ready. He was relentless in his pursuit of me, which I thought was just so flattering, and he was married. And so I thought nothing will ever happen. You know, he's married. This is just this crush that I can have. And this will be so much fun. And then he started really going after me. So you

**Kim Fauskee 42:30**

had that arm's length security initially with it? Okay.

**Ann 42:33**

Yeah. Like, you know, this just an an office flirtation, this

**Kim Fauskee 42:37**

is nothing more, right. He's got a wife. So I have two kids, and you know,

**Ann 42:41**

it's safe. And then his wife went out of town for a couple of weeks. And then he started the full court press to use your sports analogies. And he invited me out to dinner, and I went with him. And then I



went back to his house with them. And that was the first time I ever had a sexual experience. And I was 27. Probably 26.7.

**Kim Fauskee** 43:06

And how was that sexual experience for you? I mean, was it? Was it familiar in terms of what you had experienced with your stepdad? Was it horrific, was it pleasurable?

**Ann** 43:19

No, it was not pleasurable at all. It turned out I had a lot of scar tissue that I wasn't really aware of. And I had never been to a gynecologist. I never know, I was not going to do anything like that. And it was incredibly painful. There was a lot of blood, it was, you know, really kind of awful. And, but I was like, Well, I guess I finally sort of got that out of the way. And I really loved him. And I thought he loved me and, you know, etc. And

**Kim Fauskee** 43:53

so he checked a few boxes with that. Yeah, I

**Ann** 43:55

did that because I did at the time. I don't know if I thought about it that way. But it was like, Well, I guess I'm not gonna die at Virgin. So you know.

**Kim Fauskee** 44:04

Right. And if you felt he cared for you at that, oh, yeah,

**Ann** 44:07

I did.

**Dr. Dana** 44:09

But being seduced by a narcissist is like no other seduction.

**Ann** 44:13

Exactly. And, you know, I'm sure I think my stepfather was incredibly narcissistic. And God knows my mother was and, you know, that was what I was used to that I was. That's what people are like.

**Kim Fauskee** 44:27

So did the the sexual affair continue on them?

**Ann** 44:30

Every time we had an affair for a while, eventually. I can't remember but he either told his wife or I think he told her. And she of course, reasonably went nuts. And eventually they then we didn't see each other for a long time. I wasn't working with him anymore. I say laughs

**Kim Fauskee** 44:51

let me ask you a question. Were you in love with him or what you thought was love at that point with that, okay. And so when you didn't see him for a while, it must have been heartbreaking. For you,

**Ann** 45:00

it was kind of awful. And I definitely is the person that I became thoroughly addicted to, I'm still kind of addicted to him. And it also felt like, well, this is really wrong and you have broken up a family and you're a terrible person. And I just felt like a piece of shit. And

**Kim Fauskee** 45:20

it is kind of amazing how people can become addicted to drugs. Right? Yeah, that was

**Ann** 45:24

definitely my drug. So at that point, I was feeling really good about myself. And I was exercising and I was teaching dance classes. And I was, you know,

**Kim Fauskee** 45:34

so work for you, in a way, right? Yeah, in that way. And so, so he exited the picture for a period of time, and then apparel he came back in, yeah. Then he

**Ann** 45:45

got separated from his wife, and eventually they got divorced. And then eventually, I moved in with them. And, you know, but he was, I think he went to see some therapists. It wasn't. And he was telling the guy, you know, I have to be with her, I have to call or something. And he said, the guy yelled at him and said, Leave her alone. So it was

**Kim Fauskee** 46:11

got some good advice. He wasn't gonna listen to us good advice for you.

**Ann** 46:15

Yeah. So yeah, I didn't see him for a while. And I just remember being miserable and missing him and feeling sort of ill, you know, love sick. And, you know.

**Kim Fauskee** 46:27

So but so he eventually so he came back to you, you've divorced his wife, he came back to you guys became a couple. At that point came a couple,

**Ann** 46:34

Eventually, I moved in with them. And at one point, he before we were married, and he started getting really not very nice. And he was being very critical. And he was just behaving badly. And I was very confused. I couldn't figure out why he was doing this. I think he was, he was, so I think he was very freaked out by losing his marriage. So he'd been married since he was 21. And he any I think he's just taking it out on me. And then that is also I can't find it. Was

**Kim Fauskee** 47:12

he sharing custody of you said there was children involved? Was you sharing custody of the kids at that point? Not really,

**Ann 47:16**

the two, two of them were older, okay. And on their own and the youngest. He didn't really see that much of him. He never had really custody of him, he would come visit sometimes. But you know, and he was horribly damaged by all of that, and his dad, and I don't know how his mom fit into all of that, but And how

**Kim Fauskee 47:41**

soon in moving in with him, did the negative behavior begin?

**Ann 47:45**

Pretty soon. And I finally said to him, I said, One day I, we were talking, I said, you can't keep doing this, I can't deal with this anymore. I don't understand why you're talking to me this way. And this has got to stop or I don't want to be in this relationship anymore. And he stopped long enough for us to get married. And, you know, I think he, you know, in, even though he is not the nicest person in the world, he was very afraid of losing me.

**Kim Fauskee 48:18**

So you hadn't started therapy at that point? I've been to a therapist, but you had

**Ann 48:22**

no, that's not true. I had seen a therapist, when he and I were seeing each other. And I think I told him a little bit about my childhood. And he said, You need to go see a therapist, and he found this woman for me, who was really nice. I liked her. And then he saw Dana, for a little while when he was going through his divorce and me and you know, having his issues. And then when, after our daughter was born, things got really bad because suddenly there was somebody in the house wanting his my attention and not deal with that. Well, the

**Kim Fauskee 48:59**

only reason I asked that question is because you stood up for yourself. You knew that? Yeah, you knew that behavior was wrong. Yeah. You knew how you were feeling from it. And you told him what it was and to stop. And he did eventually, like you said, for you guys to be able to get married. Yeah,

**Ann 49:15**

you can be nice when he feels like it has to be Yeah.

**Kim Fauskee 49:18**

So it worked for the period of time. And then so how quickly after you guys got married? Do you have your child?

**Ann 49:27**

Well, I told him, I wouldn't marry him unless he would. He wanted to have a child with me. And I absolutely drew that line and said, you know, we went to Europe at one point and he said, I'm not going to have any more children. And I started crying. And we got back from Europe. And I said, and I I laughed, I didn't see him for a long time. So we got married when I was 34. And Mario was born when I was 37. So three years, okay. And he had to have a vasectomy reversal. It was kind have a big deal. But all worked out.

**Kim Fauskee 50:03**

In so you think you had before we came back to that you said that as soon as you had a kid everything went to shit or, quote unquote, maybe Yeah,

**Ann 50:13**

okay. He just did not want to share me with anyone. And the nastier he got the more I just paid attention to her and she was my whole world and I didn't really, I didn't have a good relationship with him. So I just poured everything I had into her and he got more and more freaked out. I did leave him for a month I took her and I went and lived with my sister for a month and an hour. Dana's saying to me, when I first started seeing him, he said, why'd you go back? I was like, Oh, I think I just thought I don't know how to support myself and take care of this child. And

**Kim Fauskee 50:53**

so So what point did you decide that you needed to see somebody that maybe things weren't going as you had planned in life, or you weren't feeling certain things that you thought you should be feeling or had negative ideas, when did that did

**Ann 51:09**

not make that decision. Michael had seen Dana for a little while. And then when our marriage was just really bad, and I was really miserable. And neither one of us was part of his business. It was falling apart, hit, everything was falling apart. And he said to me, and he said, Well, you should go see Dana, you need to go see somebody because you had this, you know, unfortunate childhood, and you need to go talk to somebody. And I was like, okay, so I went the two of us one time. So

**Kim Fauskee 51:41**

if we had any good advice, that was good advice. I said, if you had any good advice, that was good advice, to get you into therapy,

**Ann 51:47**

at least I needed to be my problem. Your problem is why he wanted me to go. It's like, I'm wonderful. And I'm the greatest husband ever lived. And you are the problem. What do they call the identified patient? Or? Yes, yeah. And I didn't know this at the time. And so I went, and we went together. And then he said to Dana, without my knowing it, he said, My wife is incredibly screwed up because of her childhood. And she needs to come back and see you to talk about this. But he didn't say that to me. So then we had an appointment, and I go see Dana thinking, we're going to talk about my terrible marriage. And Dana's like, huh, I thought, we're here to talk about your childhood and your stepfather.

And I just was livid. And I jumped to my feet, and I walked out the door. And I think I probably slammed the door behind me and said, I'm never coming back here. And that was not what you were thinking.

**Kim Fauskee 52:42**

It was you probably not the first person that's done that.

**Ann 52:45**

I just, I was so mad at my husband, I was mad. I felt like I'd been tricked into it. I thought Dana was part of the the subterfuge and, you know, he wasn't he just, you know. And then I think then I started thinking, I think I need to go back. Because I really do need to figure this out, I need to figure out why my marriage is such a mess and why everything's going wrong. And so I came back, and 30 years later, here we are.

**Kim Fauskee 53:16**

So obviously, we were talking about this before we started recording that the journey of healing doesn't have a finish line. Eventually, it gets you around the corner like you were talking about where you can find some content and you have some tools in your toolbox and you can carry on with life and get up in the morning and have a relatively good life. There was a lot to overcome when you first stepped into the office, right? Like you had said before you came in under false pretenses, right that it was going to be talking about marriage therapy, and was going to talk about the abuse in my childhood. So there's a lot to unravel. There. And so kind of take us through some of the highlights of kind of your therapy points in more you kind of realized certain things in your life or certain things about you are or this is not who I really am and where the trajectory kind of changed for you and how you lived your life. If you can find those milestones thinking back.

**Ann 54:23**

One of the things back up for a second when I was living in LA, I don't know why my mother got it into her head that I was, you know, really suffering and that she said there's this women's group that was like halfway between our Moza and Newport Beach. And they dealt a lot with just women's issues and sexual abuse and stuff like that. And so we went to meet her once a week and we would go to this and we went we I think we did it for six or seven weeks. I did learn a bit about my mother in those and then we would go to dinner afterwards. And towards the end of the cycle of these meetings, we went to dinner and my mother said to me that my older sister had said to my mother that my stepfather was abusing her. And suddenly, it was like, you know, on Get Smart, where the big doors would Clang, open and shut. It was like that. It was like a big door just opened, and I started remembering what had happened to me for the first time since I was a kid, and I said, Oh, my God, you know, that happened to me, too. But I didn't remember the particulars at that point I just knew. And I started remembering that conversation with him, or I told him, but really, I didn't have a lot of distinct memories. And it wasn't until I came to see Dana and he worked with hypnosis and stuff, that I started really going, Oh, my God, there was a lot more to this than, you know, than I thought. Tons. Yeah, you know,

**Dr. Dana 56:03**

was horrific.

**Ann 56:05**

I think I sort of remembered the oral sex, but it was like, I could only remember the part of it that I thought, Oh, well, this wasn't so bad. Or I was a participant or it felt good. Or, you know, that was all I would let myself remember. And took a while to get at everything.

**Dr. Dana 56:25**

But you had the courage to hang in there.

**Ann 56:30**

Yeah, it didn't feel courageous at the time. No, no, it kind of still doesn't, it felt more like it was time. And I really liked you, I felt so comfortable finally, in your office, and I knew that you liked me. And you didn't think I was a horrible person. And it just was the perfect scenario for it all to take place. And you were very, you're so skilled at not pushing someone too far when they're not ready and knowing how to say it in a calm way. I had seen one therapist because my older sister had said, as a family, we're going and this woman was horrible. And at one point, she said to me, you knew there was something wrong, you knew that that was a bad thing. And you were doing a bad thing. And I just freaked out and felt terrible. And shaming came back into fashion. Again, aiming came back from the therapist, and I said, I'm never coming back here again. And she freaked out and started calling me all the time. And I think she knew she had to blow it. But it was nice to be someplace with you. No worries, there was no shaming, there was no, you know,

**Kim Fauskee 57:48**

did you eventually have any physical symptoms that came from your trauma, in terms of ever being treated for depression or anxiety, or

**Ann 57:58**

I definitely was suffering from depression and anxiety. And I finally got some antidepressants from a PA that I was seeing. And it made a big difference. I felt so much better within like five weeks, I felt like a whole new person. So yeah, I had back trouble, which I think was related to, you know, just stressing, you know, which now is gone. Yeah.

**Kim Fauskee 58:30**

So going back to that question of kind of the therapy milestones for you. Eventually, you started understanding what happened to you. You understand it, you probably understood who you were married to understand who your mom was, I'm guessing at that point. And I'm guessing the marriage didn't survive. We're still we never got you never Yes. Okay.

**Ann 58:55**

And I developed a pretty serious alcohol problem. Certainly, by the time I was in my 40s, it was pretty bad.

**Kim Fauskee 59:06**

And I'm gonna assume again, the alcohol was to kind of treat the symptoms, the pain and the right, okay,

**Ann 59:14**

because I never had a problem with alcohol ever until I met Michael. And then we would start drinking wine, a lunch and I know and I never thought that it was an issue. And then it just got worse. And we separated a couple of times for the first time for like, three, four years. And then, three or four years later, we separated again for several years. But after I had I lost everything, lost my house, didn't have any money left, and went to rehab. And at that point, Michael was being super helpful and helping to pay for stuff and et cetera. And then COVID hit and between one thing and another, I moved back in with him.

**Kim Fauskee 1:00:00**

So you went to an inpatient program and that worked for you sort of saw, okay,

**Ann 1:00:06**

not definitively, but sort of, it was, it was a big wake up call. But I really felt like this wasn't my idea. It was like, I got myself into this place where I had to do something. But I felt like I just hated it there. The woman who ran the place was completely insane. And I have relapsed several times since I left, I'm sober now.

**Kim Fauskee 1:00:34**

Did you consider yourself an alcoholic?

**Ann 1:00:36**

Yeah, by the time I went to this rehab, casa, I definitely was most definitely an alcoholic.

**Kim Fauskee 1:00:45**

So I, one of the things I think Dana started the podcast with and we were talking about this, this healing journey. And I think you, Dana, both confirmed the kind of timeframe that you've known each other in terms of whether it was marital therapy, or was getting you to unwind and doing hypnotherapy from this trauma. And that's been this 30 year odyssey. To do that. I think the important question is, do you think now you've turned a corner?

**Ann 1:01:16**

It feels like it? Yeah, it feels like, I don't, I'm not using alcohol to not deal with stuff. You know, at least for the last several months. I have sort of an understanding with my husband now. We're really just roommates. We are not. There isn't any romance in our relationship at all. There's no sex, there's, you know, which I think is, must be kind of the way I like it.

**Dr. Dana 1:01:50**

You know, one of the things that I wanted to mention is that always in the past, when you and I talked and I tried to encourage you to share your story with other people, it turned out very badly a number of times because people couldn't hear. They were too scared by what you had to say, or just grossed out or would just sort of shut down because of their own pain. And the difference now, is that you're talking about it? And it seems like you're talking about it with very little fear.

**Ann** 1:02:21

Yeah, strangely, I feel fine, which is remarkable.

**Dr. Dana** 1:02:25

And that is, uh, that's very much telling in terms of being able to neutralize trauma, you can't make it as though it never existed. But the whole goal is to get to a point where you can talk about it without being triggered on a deep emotional level in a negative way.

**Ann** 1:02:39

But I have also, I feel, you know, so comfortable with the two of you. And I know a little bit about what you went through. And I know what you went through. And so I know that when I come in here and talk about this, neither one of you is gonna go, Oh, my God. But I still feel like I have to be careful who I talk to about anything like this. Because people get really quiet, which means. And yeah, people are still very shocked. I mean, there. There was one time when I was at rehab that we all had all of a sudden to take a turn, sitting down and talking about what brought us to this point, and what was our what is our head, our life and like? And, you know, I talked about it as best I could, but the room was just, you could hear a pin drop. And I felt so self conscious. And it was not, you know, in the end, I think it was a good thing to do. And it was probably good for all of them. One girl started sobbing hysterically and had to leave the room. I never did find out exactly what happened to her that led her to that. to that place. We had counselors that we saw. And my counselor was a really nice woman, not super competent, competent, but a nice person. And she said to me, oh my god, this is all anybody can talk about. And everybody comes to their session and wants to talk about you and what you said. So it got through to people, even though they were freaked out.

**Dr. Dana** 1:04:13

I don't want to speak for Quebec. Certainly, I'm incredibly proud of you for having the courage really to come here and talk about what happened to you and what you've been through and all your struggles and, and not to sugarcoat it in any way. You've been incredibly honest about how you feel in the shaman. Oh, you know, it's remarkable, actually.

**Kim Fauskee** 1:04:34

Yeah, you're a hero. And, but before I wrap up this hour, I have a couple of other questions and I'm sure people are wondering as well. Your mom's still not around?

**Ann** 1:04:46

No, she died in 2008. Okay. And stepdad. He died. Oh, he lived a long time, he lived up 96.

**Kim Fauskee** 1:04:53

Okay. And so the question that's always brought up to me, is did you make Peace with them before they died. And I'm going to answer it for myself is I think the question is did I want to make peace with them before they passed? Yeah. And so I guess I'll throw the question out to you. Did you feel one that you needed to do that? And if not why?



**Ann 1:05:16**

I didn't want to make peace with my stepfather. I wanted to tell him what I remembered and exactly what happened. I wrote him a long letter, and I confronted him in person a couple of times. I didn't want to make peace with him. I didn't care how he felt or what happened to him. Probably the last time I ever really saw him was years ago, he was in it at a heart attack. And he was in a rehab place near Cottage Hospital, and my girlfriend was work doing speech pathology there. And he was there. And she called me and she said, You're never going to get sued in this place, and that I'm having to deal with and I said, Oh, and she goes, your stepfather? I said, if you? Can I come down and talk to him. And will you stay there with me? And she said, Of course I will. And because she had been through her stuff. And so I told him exactly what I thought of him and what he had done. And he looked scared, but he also was not all there anymore, and was getting old.

**Kim Fauskee 1:06:15**

But obviously there was enough to know who you were, and what you were saying. And that was the

**Ann 1:06:20**

first thing I said, I was standing over him. I said, Do you know who I am? And he goes to your My Annie.

**Kim Fauskee 1:06:26**

steam coming? Yeah, takes you back to when you were eight years old again? Sure.

**Ann 1:06:30**

I just let him have it. And he didn't know what to do. Do you just lay there and I said, bye. And that's the last time I ever saw him or talked to him.

**Kim Fauskee 1:06:38**

Did you feel that there was some catharsis in that for you?

**Ann 1:06:42**

So not as much as I would have liked? But yeah, there were some.

**Kim Fauskee 1:06:46**

How about your mom, my mother, interestingly

**Ann 1:06:48**

enough, I got sick. I finally, at one point, probably a year and a half before she died, was so mad at her and I just couldn't talk to her or go visit her or be around her. I was just furious. Because I felt like I had been pretending for so many years that everything was fine, because that was how we grew up. No matter how you were feeling. No matter what happened. You are fine. We have this nice house. You have a nice life. You are fine. And I finally had enough. And we went to see em, em EMT person. Oh, EMDR MDR. Thank you. Yeah. And my little sister was really upset that my mother and I weren't talking or that I was so mad at her. And she said, let's all go to this therapist. And so we went. And I said to him, I can't I said to my mother, and in front of him. I said, I can't keep pretending anymore. It is

what it is. And I'm not going to pretend that what you did was right, and that you're a good mother. I'm just not going to do that anymore. And she, of course, the guy said to her, you know, did you hear this? And did you hear what she said? And my mother whipped out her checkbook, which was her favorite thing to do? And said, Well, I'm happy to continue paying for you to see this person because you need like Michaels the same old story. And so I rarely talked to her saw her much after that. And then the following Christmas. We all got together on Christmas Day. And I was still obviously not happy with my mother. And we were sitting around my little sister's apartment, and we'd had dinner. And we're talking and I turned to my mother. And I said, So mom. Who was that family that you sent Connie G go live with? Because when we were kids, my mother didn't want to deal with Connie and Connie's issues. Connie has a lot of problems. And she sent her to live with another family. And so she just disappeared. One day she was there the next day, she wasn't there. And I definitely figured out that she was with another family that they were taking her to school. You know, and she stayed and lived with them until we moved to Santa Barbara. And then she brought her back

**Kim Fauskee** 1:09:13

in you probably knew why

**Ann** 1:09:16

I didn't at the time, I mean, but after

**Kim Fauskee** 1:09:19

talking to your mom or figuring it out.

**Ann** 1:09:23

And I was just trying to fuck with her. I just said, you know, so mom, and she went white as a sheet. And she said, how can you remember that? And I looked at her and I said, Mom, I remember everything. And she then started getting sick and by the following April she had died.

**Kim Fauskee** 1:09:44

Was that a certain validation that you needed for her to kind of copped to it? For as part of your as part of your

**Ann** 1:09:52

epiphany when it just so took her by surprise that she couldn't deny it or or she just was like, Oh my God, you know, it was deer in the headlights. And I felt so self satisfied. I was like, Oh, I really shook this.

**Dr. Dana** 1:10:11

Did you ever talk to her about the babysitter that you brought in when you were a little kid who started you and B,

**Ann** 1:10:16

I talked to her about it. Yeah, we had this horrible nanny person, this giant woman who beat the living daylights out of myself and my older sister, my little sister wasn't born yet. And I had talked to her about

it, but I had never done it in a way that was like, I need you to feel bad about this, that you were such a terrible parent. And she had some lip service. Like, Oh, I'm so sorry, ever. She said I should never have done that. And that was a terrible thing. And, but she knew what was happening. And my older sister had said to her at one point, you know, Laura is and Connie was little when she said this, she said Laurie is beating us and we're going to, and I thought, Oh, we're gonna die, I thought this woman was gonna kill us. And I was with my sister and my mother, we were all holding hands walking down some stairs, and I thought, Oh, my God, we're saved. I'm not going to die. And my mother said, That would never happen. She would never do anything like that. Like, we're damned.

**Kim Fauskee 1:11:16**

So last question, before we wrap up here. If somebody's listening to us, has suffered through this, but hasn't gotten help yet? Or is trying to get help? What words of advice would you give that person?

**Ann 1:11:35**

I think I definitely clued into this when I started seeing Dana. I think it's just never too late. You know, you said you had people who would come see you. And they were in their 70s. And they were finally saying, Oh, my God, I guess I have to deal with this. And I remember thinking I don't want to be 70. And starting to confront this I, you know, would rather do it now. Even though I did lots of things to slow my progress down. I think the drinking definitely slowed me down. But I was determined to hang in there.

**Kim Fauskee 1:12:11**

I think those are wise words, that it is never It is never too late. Right? Again, we're not on somebody else's path. We're on our own path. And if it takes you a little longer to get there, as long as you get there, then so be it.

**Ann 1:12:25**

And I know with me, I was just continually taking it out on myself. Just continually. And I think at some point, self preservation was like, Don't you just can't keep doing this?

**Kim Fauskee 1:12:38**

Well, it's up to us, not the life we want to lead. And if you want to keep leading that life of pain and misery, then who else is to say that you shouldn't do that? But but we're trying to say that knee? Yeah, I was gonna say, We're sitting here with the podcast, trying to say you don't have to do that.

**Ann 1:12:56**

Exactly.

**Dr. Dana 1:12:57**

Well, look, based on your situation, if you could find some peace as a result of what happened to you, I would say that anybody could Yeah. Because what happened is so far beyond the pale, of most of what anybody has ever experienced as a child. And here you are. You know, you and I are the same age. I think we're close. Yeah, we're a year apart. Yeah. And you know, you're still doing the best you can.

And I think that's incredibly heroic, even though you don't see yourself as a hero. Thank you. You've always been one of my heroes, one of my therapy heroes, because you never gave up.

**Kim Fauskee** 1:13:31

Well, you're gonna be a hero to somebody on this podcast, because they're going to hear your story and resonates and do something about it. So and thanks for being here. Thanks for being vulnerable, transparent. It's really appreciate it and yeah, and I wish you all the best going forward. Thank you.

**Fear Me Out** 1:13:50

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